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REPORTS INSIDE

HEALTH SCIENCES INSTITUTE BONUS REPORTS

**PAIN FREE  
IN SECONDS!**

— AND —

**7 TIMES  
SMARTER**

**HSI** Health  
Sciences  
Institute

Compiled by the Health Sciences Institute research team.

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## **BONUS REPORT #1**

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## **BONUS REPORT #2**

**7 Times Smarter**

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## Bonus Report 1

# Pain Free in Seconds!

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## Chapter 1

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### One-time charge for long-time relief from chronic pain

In the May 1998 issue of *Members Alert*, HSI wrote about the FDA ban on one of the products we had featured several years before—a pain relieving blanket made from a fabric called Farabloc™. That's right: It's not just vitamins, herbs, and other natural supplements the FDA wants to get rid of—it's all alternative therapies, even items as harmless as a blanket.

Although it demonstrated fantastic success for pain management and had proven itself in clinical studies, the FDA removed Farabloc from the American market. It declared that there was insufficient evidence to “adequately demonstrate the safety and effectiveness of Farabloc” technology.

In addition to the clinical trials supporting it, it had also earned enthusiastic endorsements from physicians, insurance agencies, and consumer groups. And the feedback we received from scores of HSI members related near-miraculous results—including the elimination of knee pain, stiff necks, stump pain, arthritis, hip pain, muscle sprains, menstrual cramps, and migraines. In fact, one of our own staff members swore that the Farabloc blanket was the best—and only—relief she ever found from constant lower back pain caused by a slipped disk.

But, again, sometimes when a product works—really works—and the market demands access

to it, things have a way of re-emerging. And Farabloc happens to be one of those things that really, truly works.

### A new way to weather your painful symptoms

For generations, anecdotal evidence has demonstrated that people can predict weather changes based on symptom flare-ups they feel in their bodies. Maybe you've noticed your own joints aching just before a rainstorm or when a cold front moves in. Well, in 1969, a German scientist named Frieder Kempe began researching those claims to determine if there was any hard evidence to back them up.

He theorized that the shifts in electromagnetic fields causing weather changes may also be behind the physical symptom changes people experience during these times. To test out his theory, he created his own version of something called a Faraday cage and used it on his father, a WWII veteran who had lost a limb in combat and suffered phantom limb pain during climate and other environmental changes.

A Faraday Cage is a physical shield that completely blocks external electrical fields from coming into contact with—or affecting in any way—the object beneath it.

Granted, it sounds rather difficult to employ in real-world applications, but it's actually used every day in nearly every hospital. MRI machines utilize the concept of the Faraday cage as a means to keep the room free from radiation. The actual "cage" used for MRIs is made of an iron-containing metal, arranged in a grid pattern, that blocks high level electromagnetic frequencies or radiation from escaping the tunnel.

The fabric Kempe developed for his Farabloc blanket is made in the same way, only with a much finer grid. Of course, Farabloc isn't protecting outside environments—it's actually doing the reverse: protecting you—and all your cells—from the impact of those electromagnetic fields that cause atmospheric and environmental fluctuations.

To create his first prototype, Kempe hired a Belgian-based firm to spin fine steel mesh onto nylon thread. He then hired a German firm to weave the fibers into cloth. The result was a thick, stiff, uncomfortable, itchy fabric. Not exactly ideal—but it worked. When his father tried it, he reported complete relief from his phantom limb pain.

So following his initial success, Kempe set out to create a thinner, softer, more comfortable fabric.

He tested cotton and linen versions, but found them both less durable than the nylon fabric he'd originally chosen. The final version available today, is made of microthin threads of stainless steel fibers woven with nylon. This lightweight fabric looks and feels like linen, and, with proper care, it can last for years.

### **Weaving the way to relief from phantom limb pain, muscle fatigue, and even fibromyalgia**

Since our first report on Farabloc in July 1996, many studies have been done—perhaps as a vehement retort to the FDA's position that there was insufficient evidence to "adequately demonstrate the [product's] safety and effectiveness."

Most of the research has been devoted to phantom limb pain like the kind Kempe's father experienced. However, Farabloc is also holding its own in demonstrating relief for other conditions—from arthritis to fibromyalgia.

One award-winning double-blind, cross-over study published in January of 2000 examined the

effects of Farabloc and a placebo fabric on a condition called delayed-onset muscle soreness (DOMS), which occurs following strenuous exercise.

The researchers concluded that Farabloc worked significantly better than the placebo at reducing post-exercise stiffness and soreness. It also reduced the subsequent build-up of lactic acid and free-radical damage.

And I recently got a sneak peak at two not-yet-published studies conducted by Gerhard L. Bach, M.D., professor of medicine/rheumatology at the University of Munich in Germany on the use of Farabloc to treat fibromyalgia. Although the studies were small, they concluded that Farabloc showed a strong positive effect on the pain and tenderness associated with this condition.

As I said, these studies are so recent they haven't even been published yet—so you're among the first people to hear about Farabloc's proven effects on fibromyalgia. There's so little available to help alleviate this debilitating condition that these studies, and the re-introduction of Farabloc to the U.S. market, may revolutionize the future of fibromyalgia therapy—and dramatically improve the lives of those people afflicted with it.

### **The faces peeking out from under this "miracle blanket"**

When I spoke to Pat Winterton, president of ABC Health Solutions, Farabloc's U.S. distributor, I wasn't at all surprised when she told me she had a personal motive for bringing Farabloc back into the U.S.—her husband. After a stroke, he was left partially paralyzed and suffering from terrible nerve pain. Although she admits that Farabloc does not help everyone and that each person's response time varies—due to environment, lifestyle, disease, etc.—she will tell you that it's the only thing that has truly brought her husband any relief. And Mr. Winterton isn't the only one getting a long-sought-after reprieve from pain. Check out what some other people have experienced:

Three years ago, Pauletta L. was diagnosed with peripheral neuropathy. She says her feet would get ice cold, lose feeling, and generally make it very hard for her to walk comfortably. Her doctor told her that there was really no treatment for the condition, but he did prescribe her a drug that he said

would relieve her symptoms somewhat.

But then, Pauletta explained, a friend gave her a Farabloc blanket to try.

“I slept with this blanket around my feet that night,” Pauletta told me, “and as soon as I woke up in the morning and stepped on my floor, I could feel a difference in my feet...My feet still occasionally get cold, but I simply wrap them in the blanket for a few moments and they are OK again.”

“To keep my feet feeling good I sleep with the blanket over them two or three nights per week. I am eternally grateful to my friend for this gift that she gave me. I can now walk around and shop for hours without needing to sit and put my feet up. They are no longer swollen after a long day on them as they used to be.

“I was a skeptic. Even my doctor asked me if I had to put an aluminum foil antenna on my head to get the blanket to work. I am a believer now. Drug free. Pain free. Swelling free. And, most importantly, no longer freezing cold. This product worked a miracle for me.”

### **An investment in relief**

Since its creation, Farabloc fabric has taken on many forms. There are, of course, the original blanket versions, which range in size from 12

inches by 30 inches to 34 inches by 58 inches. But there are also unique variations like socks, mitts, cummerbunds, and even full short- or long-sleeved jackets. You can also have an item custom-made, if you have a particular need that the other Farabloc products don't address.

Prices range from \$50 all the way up to over \$550, depending on which specific product and size you choose. So Farabloc isn't necessarily a bargain. But considering that it's reusable (and even machine washable, provided you don't wring it out), it may very well be an investment that you can continue to collect returns from for years to come.

And there are no side effects to worry about unless you happen to be allergic to nylon or steel.

To be quite honest, we're not sure what changed the FDA's mind about Farabloc. They've refused to see the light on numerous other highly effective natural products.

But regardless of the reason or motive behind the decision, it's great news for people who have been without this powerful pain reliever for the past six years. And, who knows? Maybe this will pave the way for the re-introduction of other previously banned products that could be a godsend for you or someone you love. See the Member Source Directory on page 13 for complete order-

## **Chapter 2**

### **Soothe your pain on contact**

Arthritis...backache...sore muscles...aching joints...sprains...strains. As we get older, it seems as if pain becomes a constant companion. Just getting out of a chair can become challenging, let alone enjoying simple pleasures like gardening and strolling through the park. Taking aspirin helps, but it can eventually tear up your stomach. And prescription drugs have side effects that only compound the underlying problem. About 50 percent of the population is suffering from occasional aches and pains.<sup>1</sup>

### **Most medical schools don't teach pain relief**

Mainstream medicine is finally becoming aware

of the need to relieve pain. Hospitals now have pain-management teams. Palliative care—a relatively new medical specialty—was developed to address pain relief. Pain centers are also opening across the country as more and more people look for relief. But they all concentrate on mainstream “cures”—drugs and surgery, which are rife with uncomfortable and even life-threatening side effects.

Unfortunately, doctors aren't receiving much training in medical school about pain intervention. According to a survey of oncology surgeons, 90 percent of respondents said they received 10 hours or less of medical-school education on palliative care and 79 percent said they received no more than 10 hours of instruction in palliative care dur-

ing their surgical residency.<sup>2</sup>

### **Healed injuries can continue to flare up over time**

Effective pain management is a complex issue, because your body responds with all its defenses to protect and heal an injury. When you injure yourself, your body sends protective fluids, such as histamine, bradykinin, prostaglandin, and substance P, to surround and heal the area. But they can also irritate the injury over time.

Another problem associated with pain is referred to as the “snowball effect.” This is the result of pain caused by injury and inflammation, which in turn causes distress and, as a result, continued pain and inflammation. This cyclic pattern snowballs and results in discomfort even after the original injury has been healed.

While you may have done everything possible to heal an injury for good, that doesn’t mean the hurt will leave once your injury has healed. Most people can relate to occasional flare ups from past injuries, or subsequent pulled muscles or aching backs that come from trying to compensate for the original injury.

### **Putting a stop to the pain cycle**

Finding a way to stop the pain cycle has been a goal of Health Sciences Institute panelist Jon Barron. Recently, he teamed up with Ron Manwarren of Royal Botanicals in the development of a unique topical pain reliever that is safe and completely free

of the side effects of dangerous pharmaceutical pain killers. While Barron was refining an all-natural transport system that would send herbal extracts through the skin, Manwarren had just finished formulating a healing oil based on traditional herbs—but lacked a botanical-based foundation to transport it. When Manwarren brought his new formula to Barron, their combined efforts resulted in a formula available in a product called Soothanol X2.

While over-the-counter topical products commonly contain one, two, or three pain-relieving substances, such as methyl salicylate, menthol, and camphor, Soothanol X2 has 10 proven painkillers.

Because Soothanol X2 is an easyspreading and potent liquid, only a few drops are needed. Soothing pain relief is delivered on contact. In fact, we tested it informally here at the Health Sciences Institute Baltimore office.

The scented ingredients in Soothanol X2 are mild—contrary to the overpowering smells of most over-the-counter products. Although cayenne can deliver a warming or hot sensation, much of that sensation depends on the type of injury you’re treating and your sensitivity to cayenne. Of the five people who tested our sample bottle here in the office, only one commented that he felt an uncomfortable amount of heat.

Because a little goes a long way, the cost per application is extremely economical. See the Member Source Directory for ordering information. Unfortunately, this product is not available in Australia.

## **Chapter 3**

### **Want relief from migraine headaches?**

### **A few drops under the tongue may be all you need**

A new product called MigraSpray landed on my desk—and from the initial reports I’m getting, it sounds like it might be the answer to your prayers if you suffer from migraines.

A colleague of mine has been fighting migraines for nearly 30 years, and has tried everything from pills to injections to nasal sprays. She says her migraines are so intense, that she’s willing to try almost anything. But unfortunately, nothing has given her much relief—until now.

### **Almost immediate relief— and no side effects**

So I gave her the sample I was sent. She tucked it away, and probably forgot about it. But the next time she developed a migraine, she remembered and dug it out. A couple of quick spritzes under the tongue, and almost immediately she could feel the pain dulling. Before taking MigraSpray, she had been sitting in a pitch dark room, because she



couldn't stand even the light of a single bulb. After taking MigraSpray, she was able to turn on the lights—a simple thing that non-migraine sufferers like me take for granted.

She didn't experience any negative side effects, either—no “rebound” headache, no nasty taste, no stomach upset. She said she'll definitely use MigraSpray again, only next time, she'll use it sooner, before her headache fully blooms into a migraine.

### **Unique blend of four traditional herbal medicines**

So how does it work? It's a homeopathic blend of four traditional herbs: feverfew, goldenseal, dandelion, and *polyporus officinalis*. The lead ingredient, feverfew (*tanacetum parthenium*) is a traditional herbal remedy for migraines and clinical studies have supported its ability to prevent migraines and reduce their severity.<sup>1,2</sup> Research suggests that feverfew's active ingredients are phytochemicals called sesquiterpene lactones, particularly one component known as parthenolide. Scientists believe parthenolide may relieve migraines by inhibiting cerebral blood vessel dilation. Parthenolide exerts anti-inflammatory properties by inhibiting platelet aggregation and prostaglandin synthesis, as well as the release of serotonin from platelets.<sup>3</sup>

The other ingredients in MigraSpray are not traditional headache remedies, but each contributes factors that may complement feverfew's anti-inflammatory power. Goldenseal (*hydrastis rhizoma*), which contains the amebicide phytochemical berberine, has traditionally been used to treat cholera. But herbal authorities also report that goldenseal can work as a sedative and an anti-inflammatory, particularly relieving inflammation in the mucous membranes of the head and throat.<sup>4</sup> Dandelion (*Taraxacum denleonis*) is best known as a potent diuretic and laxative, and is a rich source of potassium. And *P. officinalis*, a fungus commonly known as white agaric or larch agaric, is known in herbal medicine to have effects on the sympathetic and spinal nervous systems, and is used as a remedy for spasmodic nerve pain and epilepsy.<sup>6</sup>

In a private study conducted by MigraSpray's manufacturer, 41 migraine sufferers were divided into two groups to test the effectiveness of Mi-

graSpray against a placebo. Nearly 88 percent of the MigraSpray group saw some level of improvement from using the spray, while about 66 percent of them reported full to complete improvement. Even better, the average elapsed time between administration and relief in the MigraSpray group was just six and a half minutes.<sup>7</sup>

MigraSpray is safe for most people, but the product label does warn pregnant and lactating women not to use it. My research also indicates that feverfew can alter clotting time.<sup>8</sup> Therefore if you are taking warfarin or other blood thinners, consult your physician and get your clotting times checked. Your medical dose may need to be lowered or feverfew may be contraindicated. Also, one study indicates that non-steroidal anti-inflammatory drugs, or NSAIDS, can negate feverfew's efficacy in fighting migraines, so you may want to avoid taking NSAIDS together with MigraSpray (also probably a good idea in light of the blood-thinning consideration).<sup>9</sup>

MigraSpray is available at many drug retailers, via the Internet, or by phone (see the Member Source Directory on page 13 for complete ordering information). It's hard to say how long one bottle might last, as it depends on the frequency of use. The product label recommends administering 10 sprays under the tongue at the first signs of an impending headache. After administration, wait at least 30 seconds before swallowing. If you don't feel relief after five minutes, you can repeat the process one more time.



## Chapter 4

### Tibetan medicine relieves chronic leg pain

There are few things worse than losing your freedom to walk—not being able to go where you want to go or do what you want to do. But it's what thousands face each day, due to the often excruciating pain of intermittent claudication, a condition in which a decrease in blood to the legs brings about a reduction in oxygen to your lower extremities (which triggers the pain). The more you walk, the more oxygen is needed by your legs, hence, the greater the discomfort. This disorder can lead, if left untreated, to gangrene, and is linked to other serious health problems, such as hardening of the arteries and heart disease.

Mainstream medicine has little to offer. You can try a medication like Pentoxifylline, with undesirable side effects (including extreme dizziness and vomiting) and questionable effectiveness.<sup>1</sup> Or, as is often the case with Western medicine, you can opt for the ordeal of surgery.

#### **An effective solution without side effects**

But thankfully, you don't have to settle for the limited choices of the West. Eastern medicine has a better option—one that's both effective and free of side effects. Padma Basic is an herbal mixture from Tibet that's quickly proving to be a powerful treatment for intermittent claudication. Formulated over 2,000 years ago, the preparation is a complex

combination of 19 different herbs that combine to produce a powerful antioxidant.

While the mixture was originally intended to treat illnesses brought on by the overconsumption of meat, fat, and alcohol, its broader uses are now being discovered.

In a dramatic double-blind placebo study held in 1985, intermittent claudication patients on Padma were found to have a 100 percent increase in the distance they could walk pain free. In addition, the drug was well tolerated by the patients.<sup>2</sup> Since then, a series of studies have confirmed these original results.<sup>3-6</sup>

Not surprisingly, the phenomenon of Padma has spread from the mountains of Tibet through Israel, Switzerland, England, and the rest of Europe. Now, Padma Basic is available to HSI members through the Econugenics. They've set up a U.S. order bank, to make it easier for our American members to obtain this fantastic product.

The recommended dosage for Padma Basic is two tablets taken three times a day for the first four weeks. After that, take two tablets daily. Please be aware that it could take a minimum of three months for you to receive the full benefit of this treatment. Refer to the back of this report for ordering information.

## Chapter 5

### Replace Vioxx with the 2 latest all-natural arthritis remedies

At HSI, we've covered natural arthritis remedies many times over the years. And now that Vioxx, the pharmaceutical drug many people relied on for pain relief, has been pulled from the market, we thought it was the perfect time to report on two of the latest all-natural, safe remedies we've come across—Kaprex and SierraSil.

#### **A new day in arthritis treatment**

In case you're not familiar with the Vioxx situation, here's a recap: Vioxx's manufacturer, Merck,

recently launched a large, randomized trial of 2,600 patients with colon polyps in hopes of proving that Vioxx could help their condition. In the process, though, Merck discovered that 3.5 percent of the patients taking Vioxx suffered heart attacks or strokes vs. 1.9 percent taking a placebo. Based on this finding, Merck withdrew the drug from the market altogether.

This must have come as a devastating blow to those people who depended on Vioxx for arthritis relief.

But the good news is you're not limited anymore

to treatments like Vioxx that just mask pain or put you at risk for unrelated, more serious problems. The natural joint relief products we're focusing on today don't trick your body by blocking pain receptors—they actually stop the cause of the damage to the joint.

### **Block your body's damage-causing signals**

First, Kaprex. It works by interfering with signals in the body that result in the production of damaging compounds that cause your pain and negatively impact cartilage and other joint tissues.

To find the best candidates for the formula, product developers at Metagenics' MetaProteomics™ Research Center screened over 150 natural substances. These in-vitro tests examined each potential ingredient for efficacy by studying its effect on cell protein synthesis and activity.

The researchers compiled and analyzed thousands of data points and selected three based on their outstanding effectiveness—oleanolic acid, rosemary, and hops.

Recent data suggests that components of hops—such as reduced isoalpha acids—may inhibit the formation of inflammation-causing prostaglandins.<sup>1</sup> The form added to Kaprex is a proprietary extract of hops called Luduxin™.

Oleanolic acid is derived from olive leaf extract. Research indicates that it may support joint health as a pain reliever as well as protect against potential damage to your stomach lining.

And rosemary leaf extract stimulates circulation and eases pain by increasing blood supply.

Although these herbs were chosen for their individual arthritis-relieving properties, the product developers found that when they put all of them together the effects were even better. Think of it as herbal teamwork.

According to Dr. Joseph Debe, a chiropractor and board-certified nutritionist, one of the things that sets Kaprex apart from other arthritis remedies, including over-the-counter pain relievers, is that it doesn't appear to cause stomach damage or irritation. Researchers have found that Kaprex has “minimal GI cell activity and therefore a high level of predicted GI safety.”

Both non-steroidal anti-inflammatory drugs and Kaprex work by reducing the concentration of a body chemical called prostaglandin E2 (PGE2),

but they do so through different mechanisms. PGE2 is a powerful hormone-like chemical that is responsible for producing the majority of the pain and inflammation associated with arthritis and other conditions.

Another impact of accumulated PGE2 is heightened sensitivity in your nerve fibers where even the slightest movement can cause inordinate pain. It takes a while for it to build up, so at first you may just be a little stiff and sore. But the symptoms increase progressively until any joint movement becomes a challenge and pain an unwanted constant companion.

The non-steroidal anti-inflammatory drugs reduce levels of PGE2 by inhibiting the activity of the enzymes that manufacture it. But, unfortunately, not only is PGE2 production reduced in joints, it's also reduced in gastrointestinal tissues. And a certain level of PGE2 is necessary to keep gastrointestinal tissues healthy. When PGE2 is deficient, it can contribute to ulcer formation.

On the other hand, Kaprex works through a safer, “upstream” mechanism. It reduces the excessive formation of the PGE2-producing enzymes, rather than inhibiting their activity. It appears to actually reduce the message sent to the genes to manufacture the enzyme. This makes all the difference in production of gastrointestinal injury. The net effect is that Kaprex is active in joint tissues without affecting the gastrointestinal tract.

A recent study examined Kaprex's absorbability and bioavailability. Six subjects supplemented on different days with either one Kaprex tablet, three Kaprex tablets, or one Celebrex capsule. Their blood was drawn prior to dosing and at one, two, four, six, and eight hours after dosing. The blood samples were analyzed for their ability to reduce PGE2 levels.

Kaprex worked quickly and maintained effectiveness for hours, with activity beginning to decrease at eight hours. One tablet of Kaprex appeared to be as effective as one capsule of Celebrex and worked more rapidly. As you might expect, three tablets of Kaprex produced a significantly greater effect than just one tablet.<sup>2</sup>

Kaprex is available in 30- and 90-tablet bottles. The recommended dose is one tablet three times

daily. According to Metagenics, you'll know whether it works for you within seven to 10 days. If it doesn't help, you can send back the bottle for a full refund.

### **The volcano cure for joint breakdown**

The other product is called SierraSil, and it's made from a distinct, naturally occurring volcanic mineral deposit mined only in an exclusive location high in the Sierra Mountains.

This distinct volcanic compound, which contains a uniquely balanced blend of 65 macro and trace minerals, has been shown to support joint mobility and flexibility, and based on what I've been told, is changing people's lives.

Even the manufacturing process is unique. It occurs naturally in a unique textured rock form, which is extracted from one specific surface mine site located five hours from the closest city. Once it's taken from the ground, it's put in barrels and moved to the manufacturer's location where it is pulverized, heated to ensure that there are no micro-organisms present in the formula, then put into capsules.

### **Decrease cartilage breakdown by up to 73 percent in just one week**

The idea of volcanic rock used as a supplement to relieve arthritis pain struck us as odd, to say the least. So we checked in with our medical adviser, Dr. Martin Milner, to see what he could tell us. According to Dr. Milner, minerals derived from rock rather than plants are relatively difficult to absorb (usually 10 percent at best). He also cautioned that the distribution of elements in the volcanic rock may or may not be in safe concentrations and ratios. We went back to Sierra Mountain Minerals for an additional explanation regarding these concerns. They told us that "quite the opposite is true with the SierraSil minerals, 45% are present naturally in a highly absorbable form, while the rest are present in a mineral rich clay compound that is not absorbed but passes right through the body detoxifying as it collects toxins and heavy metals on its way out."

An in vitro study using human cartilage tissues and cells from osteoarthritis (OA) patients found that SierraSil reduced the breakdown of cartilage cells by 68 to 73 percent in just one week. Ac-

cording to the lead researcher of the study, Mark Miller, Ph.D., "SierraSil... may offer exciting new approaches to limiting the joint destruction and lack of mobility associated with arthritis."<sup>3</sup>

Based on the results of this pilot study, the mineral complex was investigated in a randomized, double-blind, placebo-controlled human clinical trial involving 120 patients with OA of the knee. The study findings showed significant reduction in pain, stiffness, inflammation and improvements in joint functionality within one month of therapy. Dramatic improvements were evident within one to two weeks.

Testimonials have been flooding in. They relate some pretty powerful stories. One woman's letter said, "I cried when I noticed for the first time in years I wasn't thinking about my pain." Another person commented, "After getting partial relief from natural remedies for joint problems I have finally found complete relief."

SierraSil comes in either capsule or powder form. They're both available in many health food stores across the country, and we've offered a phone-order source in the Member Source Directory on page 13. The recommended dosage for SierraSil is three capsules once daily on an empty stomach or one scoop of powder daily, mixed into juice, water, or food.

## Chapter 6

### Raw bar favorite offers arthritis relief

Imagine if you didn't need pain relievers every-day? Our research has uncovered something totally new—a completely safe and natural food extract that may be the most powerful anti-inflammatory compound ever discovered.

It's called Lyprinol, an active lipid fraction isolated from the New Zealand green-lipped mussel, or *Perna canaliculus*. According to centuries-old tradition, native Maoris believe that eating the green-lipped mussel leads to a long and healthy life. And, in fact, medical statistics show that arthritis and rheumatic disorders are unknown among the coastal-dwelling Maori.

Scientists have now determined that the anti-arthritic properties of the green-lipped mussel are due to the unique configuration of certain polyunsaturated fatty acids (or PUFAs) called Eicosatetraenoic Acids (ETAs). Related to the Omega-3 fatty acids found in fish, flaxseed, and perilla oil, ETAs display more intense and targeted anti-inflammatory and anti-arthritic activity than any other known PUFA or Omega-3 fatty acid.

Research in the 1970s and 1980s confirmed that something in the New Zealand green-lipped mussel had the ability to erase arthritic pain and stiffness. A double-blind, placebo-controlled trial conducted in 1980 at the Victoria Hospital in Glasgow, England, tested a powdered mussel supplement on 66 arthritis patients.<sup>1</sup> At the start of the six-month trial, all of the subjects had failed to respond to conventional treatment and were scheduled for surgery to repair badly damaged joints.

At the close of the trial, the researchers reported improvements in 68 percent of the rheumatoid arthritis (RA) patients and in 39 percent of the osteoarthritis (OA) patients. The scientists also noted the low incidence of adverse side effects.

#### **Nearly two decades later scientists perfect the solution**

For the next 18 years, leading scientists from universities and research labs in Australia, Japan, and France worked together to understand the secret locked within the green-lipped mussel. Step by

incremental step, the scientists managed to identify the active biological fraction of the green-lipped mussel, isolate it without destroying its essential properties, cleanse it of impurities, stabilize it, and standardize its potency for reliable results.

At every step of the way, clinical and laboratory studies confirmed that scientists were moving in the right direction. Their excitement mounted as each phase yielded a more potent and powerful compound. Even early versions of the green-lipped mussel extracts were found to be more effective than aspirin and ibuprofen in reducing inflammation.

But inflammation isn't the only thing it helped. In 1986, a trial of 53 RA patients, conducted by the Société Française de Biologie et Dietique (SFBD) in Dijon, France, found that the green-lipped mussel extract reduced pain by 62 percent after six months, while those on a placebo had a 20 percent increase in pain.<sup>2</sup>

#### **Lyprinol: 200 times more effective than high potency fish oil in controlling swelling**

Ultimately, scientists zeroed in on the ETAs in the green-lipped mussel as the active ingredients responsible for its remarkable anti-arthritic effects. This specific grouping of ETAs is not found in any other known substance. The methods used to concentrate these active components in a pure and stable form have been granted patents in several countries. The final result is now available as Lyprinol.

Researchers at the University of Queensland in Brisbane, Australia, studied the efficacy of Lyprinol using laboratory animals with adjuvant-induced polyarthritis, which is the closest model for rheumatoid arthritis in humans.<sup>3</sup>

When administered as an oral supplement, Lyprinol reduced arthritis-related swelling in the animal's paws by more than 90 percent. It was also effective when rubbed directly into the affected area.

Comparisons of Lyprinol to other natural lipids, or fatty acids, known to be helpful in treating arthritis and inflammation, tested Lyprinol against



flax oil, evening primrose oil, Norwegian salmon oil, and MaxEPA (a high potency fish oil product). Of these, Lyprinol was the most effective in preventing arthritis-related swelling, reducing swelling by 79 percent. MaxEPA was the next best at 50 percent. However, the real story is the dosages used to achieve these results.

Achieving a 50 percent effectiveness rate required a dosage of 2000 mg/kg body weight of MaxEPA. But the effective dosage of Lyprinol was only 20 mg/kg—or 1/100 the amount. Extrapolations from these results suggest that the anti-inflammatory compounds in Lyprinol are 200 times more potent than MaxEPA (and 350 times more potent than evening primrose oil).

### **Outperforms arthritis drugs without harmful side effects**

Researchers also compared the effectiveness of Lyprinol to that of the prescription arthritis drug indomethacin, the mainstream drug of choice at the time of the study. A dosage of 5 mg/kg of Lyprinol was 97 percent effective in reducing swelling, while indomethacin was only 83 percent effective at the same dosage. Unlike indomethacin, Lyprinol is non-toxic and essentially free of side effects. In a 2000 study, researchers

found that when compared to NSAIDs, three Lyprinol was “non-gastro toxic.”<sup>4</sup>

### **Recommendations for use**

Lyprinol is recommended for the alleviation of inflammatory conditions, including osteoarthritis, rheumatoid arthritis, and virally-induced arthritis.

While Lyprinol appears to be the most powerful anti-inflammatory and arthritis pain reliever yet discovered, it still won't rebuild or restore previously damaged cartilage. For the most complete healing of arthritis, we recommend you combine Lyprinol with a natural joint building supplement containing glucosamine and chondroitin.

Recommended amounts: The amount needed for optimal results can vary widely for each individual, but range between two and four capsules per day. A higher amount (up to six capsules per day) can be used for the first one to two weeks of use. It can take up to four weeks to evaluate the full benefit. In addition, the research suggests that rubbing Lyprinol onto swollen and tender joints can help relieve pain and swelling. To do this, simply open the capsule and squeeze the contents onto the affected area. See the Member Source Directory in the back of this report to learn how you can order Lyprinol.

## **Chapter 7**

### **Relieve back pain with this inexpensive natural remedy**

When you have back pain, it affects everything you do. Everyday activities like carrying groceries or walking around the block can become a major challenge.

The mainstream offers NSAIDs, which can be effective for short-term relief - but can also cause negative side effects like gastrointestinal damage. The new prescription NSAIDs called COX-2 inhibitors are designed to avoid those problems—but they can be quite expensive. For many people, neither provides a good option.

But there is an all-natural remedy that is being shown to alleviate lower back pain as effectively as prescription drugs, without the risk of side effects—and without the steep price tag.

It's called willow bark extract, and it's been used

by herbalists for many years to treat many types of pain. Several clinical trials have supported willow bark's efficacy against back pain. Now a new study shows that willow bark extract is just as effective as a popular prescription drug—at significantly less expense.

### **Willow bark proven as effective as Vioxx—without the health risks**

Before Merck withdrew Vioxx from the market a German study tested the effectiveness of willow bark extract against rofecoxib, the generic form of Vioxx. The researchers recruited 228 people between the ages of 18 and 80. All had experienced lower back pain for at least six months, and their pain couldn't be attributed to any identifiable

cause, like arthritis, disc prolapse, or trauma. Before treatment began, the participants rated their pain on several commonly used indices.

For four weeks, half the group took four capsules of willow bark extract each day, while another half took a single 12.5 mg tablet of rofecoxib daily. The two groups were similar in age, sex, height, weight, and duration and severity of pain. During the study period, the participants were contacted by phone each week, and then the assessments were completed again at the end of the four weeks.

Here's what they found: willow bark extract was just as effective as rofecoxib at alleviating lower back pain. Both produced similar reductions on the various measurement tools used to assess the participant's pain. And while neither therapy caused many side effects in this study, the researchers noted that the side effects from rofe-

coxib "tended to be more severe" and "caused more withdrawals from the study." The most common side effect from both therapies was "gastrointestinal complaints," and four people had allergic reactions to the willow bark extract.

### **No reason to accept ANY side effect risks**

The active ingredient in willow bark extract is salicin, a natural anti-inflammatory. In the study, the extract was standardized to contain 15 percent salicin, and the participants took a dose equal to 240 mg of salicin each day.

With the availability of a safe, natural option like willow bark extract, there's no reason to take those risks. Based on the study results, you should watch closely to see that no allergic reaction occurs. But assuming it doesn't, this may just be the relief you've been looking for to help ease your lower back pain—and it won't break the bank, either.

### **Member Source Directory**

**Farabloc**, ABC Health Solutions; ph. (253)631-8270 or (206)949-2097; fax (253)639-2467; [www.abchealthsolutions.biz](http://www.abchealthsolutions.biz).

**Soothanol X2** NorthStar Nutritionals; P.O. Box 970 Frederick, MD 21705. (800)913-2592, [www.northstarnutritionals.com](http://www.northstarnutritionals.com).

**MigraSpray**, Nature Well, Inc., 110 West C Street, Suite 1300, San Diego, CA 92101; tel: (800)454-6790; [www.migraspray.com](http://www.migraspray.com). 1 bottle costs US\$39.95 plus US\$7.95 for shipping.

**Padma Basic** Econugenics; tel: (707)521-3370; [www.econugenics.com](http://www.econugenics.com). A 180-tablet bottle is US\$94.95 plus shipping and handling.

**Kaprex**, Center for Natural Medicine Dispensary; tel. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com). A 90-tablet bottle costs US\$39.96 plus shipping.

**SierraSil**, Sierra Mountain Minerals, Inc.; tel. (877)743-7720; [www.sierrasil.com](http://www.sierrasil.com). 45 capsules US\$19.95; 90 capsules US\$34.95.

**Lyprinol** The Vitamin Shoppe; 2101 91st Street, North Bergen, NJ 07047; tel: (866)293-3367; [www.vitaminshoppe.com](http://www.vitaminshoppe.com).

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The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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## Bonus Report 2

# 7 Times Smarter Stop Memory Loss Dead in its Tracks

*As we age, it is very common to observe a gradual decline in mental ability, chiefly memory lapses and difficulty in concentration. These are the result of brain aging: structural changes that take place in our brains as we grow older. Although these changes may be “normal” in the sense that they happen to almost all of us, that does not mean that they are inevitable.*

### *Are you suffering from brain aging?*

*Signs of brain aging include difficulty in remembering names, directions, words, and appointments; disorientation; memory lapses; and even depression and anxiety. These symptoms can signal the beginning of a breakdown in brain circulation and nerve communication. Even if you’ve begun to notice subtle signs of decline, it’s not too late to take action. With the help of targeted brain nutrients, these connections can be rejuvenated and restored.*

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## Chapter 1

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### **Safe, natural substances nourish your brain and support mental acuity**

There are a number of natural substances you can safely use to support memory and alertness. Modern research has discovered some—and validated others, used for centuries in traditional medicine. Some of these substances work by increasing the amount of oxygen and nutrients available to the brain. Others work more indirectly, boosting the mind by increasing energy levels and supporting mood.

### **Deliver more super-oxygenated nutrient-rich blood to the brain**

For over 20 years, a derivative of the Vinca minor plant (or lesser periwinkle) known as vinpocetine has been used as a prescription medication in Europe and Asia to increase the flow of oxygen to the brain. Research shows that vinpocetine increases

cerebral blood flow. This boost in circulation helps support memory and cognitive retention.

### **Garner more help from ginkgo**

As a powerful vasodilator, ginkgo biloba enhances recall and mental focus in much the same way as vinpocetine—by allowing your blood vessels to transport as much nourishing, oxygen-rich blood as possible to your gray matter.

Free of side effects, Ginkgo biloba also offers headache relief, improvement of vision and hearing, and relief from stress—a key factor in cerebral functioning we discuss more later in this chapter.

Oxygenated blood is critical to the functioning of a healthy brain, but special chemical “messengers” called neurotransmitters are what boosts cognitive performance even higher. Among the various neurotransmitters produced naturally by your body, acetylcholine is the most powerful, and a lack of it can be disastrous. In fact, many forms of age-related cognitive decline have been linked to a deficiency of acetylcholine in the brain.

This is where phosphatidylcholine (lecithin) comes in. Serving as a major structural component of cerebral cells, it plays a vital role in supplying the nutrient “raw materials” your brain needs to maintain production of neurotransmitters like acetylcholine.

Lecithin can also help support short-term memory—things like serial learning, word recognition and recall—in healthy people of all ages.

### **Boost mental and physical energy**

Many people live in a kind of low-energy “fog of the mind” for the majority of their days—especially as they get older. Poor sleep quality, insufficient dietary nutrients, or an overload of mental stress—all can tax your mind into numbness and inefficiency. The link between energy levels and mental acuity is, quite simply, undeniable. And, again, there are natural substances that can raise both levels, helping your brain perform at its very best. Among these are:

**DMAE (Dimethylaminoethanol)** – What DMAE has that other neurotransmitter-promoting chemicals don’t are some well-documented energy enhancement properties.

One study of older adults revealed that 71 percent

experienced increased motivation and relief from anxiety.<sup>1</sup> Respondents also reported an increase in mental focus and alertness for several hours following their dosage. And another six-week study reported all of the subjects in the DMAE group experienced an overall improvement in muscle tone, as well as increased mental focus.<sup>2</sup> DMAE is shown to have a positive effect on the ability of the brain’s two halves to communicate and interact, which lends verbal and creative abilities a valuable boost.

**Trimethylglycine (TMG)** – Also known as betaine, TMG is a compound of the amino acid glycine. Supplementing with betaine has been shown to protect liver function. The largest organ in the body, the liver is essential to overall health.

**Pantothenic Acid** – Well known in the alternative health community and among athletes as a natural stamina-enhancer, pantothenic acid also plays an absolutely crucial role in aiding your body in the production of the vital intelligence-boosting neurotransmitter acetylcholine.

### **Lift your mood—and improve your memory and cognitive performance**

Three safe, natural substances have been shown to be effective mood-elevators and focus-enhancers. They are:

**Inositol** – This safe and effective natural remedy frees your mind from stress and anxiety—so you can get some real, clear-headed thinking done. Naturally present in your body, inositol is vital for the health of your entire nervous system.

This vital natural substance (which is often grouped with the B-vitamin family) can help promote relaxation and clear thinking.

As an added benefit, inositol can also contribute to energy metabolism. In fact, animal studies have shown a significant, measurable increase in physical activity for up to five hours post-administration.

**GABA (gamma-aminobutyric acid)** – Research shows that lower than normal levels of GABA in the brain and nervous system are linked to some types of anxiety. An important amino acid-based neurotransmitter, GABA helps to regulate brain and nerve cell functioning, producing a calming and focusing effect that’s widely known in the mental health

community. Within a well-balanced nervous system, GABA protects against overloads in the neural pathways—and against over-excitement or impulsive lapses in judgment.

N-Acetyl-L-Tyrosine – An amino acid building block, N-Acetyl-L-Tyrosine is an important component in the basic structure of all proteins in the body—and is also the precursor to a pair of neurotransmitters (L-dopa and norepinephrine) that are vital for optimum mental functioning. By boosting production of these vital neurotransmitters, N-Acetyl-L-Tyrosine functions as a natural relaxant—especially if you're under any kind of duress or anxiety.

## One new formula provides these nine nutrients—and more

The nine nutritionals discussed above should be available in most health-food stores. Also, NorthStar Nutritionals brings all these natural ingredients together in Sense of Mind. And then NorthStar adds in 19 more vitamins, minerals, and antioxidants—providing 28 super-nutrients to help you have the healthy, stress-free body you need for optimum mental acuity and memory.

For information on how to order Sense of Mind, see the Member Source Directory at the end of this report.

## Chapter 2

### Ancient herb can make your mind young again

New research has led to a breakthrough in the treatment and prevention of brain aging. It's a compound called *huperzine A*, extracted from the Chinese club moss, or *Huperzia serrata*. Used in traditional Chinese medicine for centuries to treat fever and inflammation, this compound has now been shown to bring about significant improvements in cognitive and intellectual performance in patients with Alzheimer's disease and age-related cognitive decline, and it may improve memory and learning in healthy patients as well.

Alan P. Kozikowski, Ph.D., a professor of pharmacology at Georgetown University's Institute of Cognitive and Computational Sciences in Washington, D.C., stated that "according to animal research, it [huperzine A] can actually slow the progression of Alzheimer's disease. In other words, huperzine A has neuro-protective activity, which is really exciting. It makes this supplement really stand out from other treatment modalities."

Researchers at Beijing's Institute of Mental Health conducted a four-week study on huperzine A, administering it to 101 patients with age-associated memory impairment. At the beginning of the four-week study, none of the patients was within the normal range for memory. At the end of the four weeks, however, over 70 percent of those in the huperzine-treated group had improved to within nor-

mal memory limits.<sup>1</sup>

### How does huperzine A work?

Huperzine A is similar in action to the drugs currently used to treat Alzheimer's disease in that it is a powerful acetylcholine esterase (AChE) inhibitor. AChE is an enzyme that destroys the neurotransmitter acetylcholine and terminates the nerve signal after it has been transmitted. Acetylcholine, which is released at the synapse between two nerve cells, facilitates memory and learning. In some memory disorders, such as Alzheimer's disease, the memory nerve impulse is destroyed before it has been received by the adjacent nerve cell. Thus, by inhibiting AChE, the memory nerve impulse is lengthened in duration, resulting in improved memory and cognitive function.

According to researchers at the Weizmann Institute of Sciences in Rehovot, Israel, and at Georgetown University in Washington, D.C., huperzine A is superior in the following ways to the leading drugs licensed for the treatment of Alzheimer's:<sup>2</sup>

- Huperzine A improves learning and memory in mice better than does tacrine.
- Huperzine A acts specifically on AChE in the brain rather than on the AChE found elsewhere in the body.
- Huperzine A does not appear to bind to recep-

tors in the central nervous system, which can cause negative side effects.

- Its effects last 10 to 12 times longer than those of physostigmine and tacrine.
- Huperzine A is less toxic than the leading drugs, even when administered at 50 to 100 times the therapeutic dose.

### **A marriage of ancient wisdom and leading-edge science**

Huperzine A has been used as a prescription drug for treating dementia in China for years. But we've found an innovative formula that augments huperzine with other brain-specific nutrients.

Brain Protex by Nature's Sunshine combines three powerful antioxidants which cross the blood-brain barrier to protect the brain cells. It also contains two nutrients that act as "brain food," namely Ginkgo biloba and phosphatidyl serine. Together, the antioxidants and the nutrients protect the brain from damaging free radicals and boost mental capacity.

### **Nutrients found in Brain Protex**

**Phosphatidylserine (PS)** is an essential fatty acid that is necessary for optimal brain functioning. It keeps the membranes of the brain cells fluid and pliant, allowing the cells to absorb nutrients more efficiently. It also stimulates the activity of neurotransmitters, the "messenger" chemicals that relay nerve signals from cell to cell, literally helping you think. More than two dozen controlled clinical trials have demonstrated that supplementation with PS greatly improves learning and memory.

In a recent study of 149 people, age 50 or older, who had "normal" age-related memory loss, some study participants took 100 mg of PS three times a day for 12 weeks while the others took placebos. By the end of the experiment, the people taking PS benefited from a 15 percent improvement in learning and other memory tasks, with the greatest benefit coming to those with the greatest impairment. Furthermore, these significant benefits continued for up to four weeks after the patients stopped tak-

### **Could it be Alzheimer's disease?**

In its early stages, Alzheimer's can be indistinguishable from "normal" brain aging. But when treated in its earliest stages, its progression can often be dramatically slowed. Recently, very exciting research has shown that nutrients like huperzine A and Ginkgo biloba can even reverse damage that has already occurred.

The cause of Alzheimer's remains unclear, although research reported in recent issues of our *Members Alert* points to several possible culprits, including herpes infection, high homocysteine levels, and aluminum toxicity. As always, a preventive approach is the best defense. You can reduce your risk factors by taking some simple steps now.

**Test for heavy-metal toxicity.** Hair analysis provides reliable and inexpensive screening for heavy-metal toxicity that can cause serious neurological problems, as well as for mineral imbalances and deficiencies that can affect heart health, bone density, energy metabolism, and other factors. You can work with your physician to obtain one of these tests. One lab we know of is Doctor's Data. For more details see the Member Source Directory.

**Reduce your aluminum load.** Hair tissue analysis can tell you if your body has stored un-

healthy amounts of aluminum. The most common sources of aluminum are cookware, deodorants, baking soda, and antacids. High aluminum levels can be chelated with **malic acid** supplements. The recommended dosage is 500 mg three times a day for no more than three weeks. It is highly recommended that you work with a professional who can monitor your tissue levels and advise you on the protocol. See the Member Source Directory for ordering information.

**Keep your homocysteine levels low.** This toxic amino acid, also a culprit in the development of heart disease, can increase your risk of Alzheimer's disease. Supplementation with a homocysteine-lowering formula like **CardioSupport** (see the Member Source Directory) can help keep this killer at bay.

**Supply brain-targeted nutritional support.** Make sure your brain gets an adequate blood supply, sufficient oxygenation, and adequate nutrient support.

If memory lapses, episodes of verbal or spatial disorientation, or personality changes become more frequent or severe, it is important to consult a doctor for a definitive diagnosis.



ing PS. Clinical psychologist Thomas Crook, one of the study's authors, said the study suggests that PS "may reverse approximately 12 years of decline."<sup>3</sup>

In another 12-week study, 51 people (average age: 71) took PS supplements and improved their short-term memory. They could better recall names and the locations of misplaced objects. They remembered more details of recent events and could concentrate more intently.<sup>4</sup>

**Ginkgo biloba** is a well-known botanical remedy used in the treatment of circulatory diseases, with particular value in the treatment of brain aging. Ginkgo increases circulation to the brain and is a potent antioxidant, helping to prevent free-radical oxidation in the brain.

**Rhododendron caucasicum**, also known as the "snow rose," grows at altitudes ranging from 10,000 to 30,000 feet in the Caucasus Mountains of the Republic of Georgia (formerly part of the Soviet Union). Many scientists believe *Rhododendron caucasicum*, which is regularly consumed in the form of Alpine Tea, is a primary cause of Georgians' remarkable longevity. (One census of the Republic's 3.2 million people, identified nearly 23,000 citizens over the age of 100.) Foreign hospitals have used this plant to treat heart disease, arthritis, gout, high cholesterol, blood pressure problems, depression, neuroses, psychoses, and concentration problems.

In the 1950s, Soviet scientists began vigorously researching *Rhododendron caucasicum*. Over the next four decades, numerous clinical trials explored the therapeutic values of the extract. It proved to be an excellent free radical scavenger (an "ultra-antioxidant" according to some researchers), capable of protecting the body from cell mutations that can weaken the immune system and cause heart disease, cancer, strokes, kidney failure, and emphysema. It exhibited a tremendous ability (stronger than grape seed extract or pine bark extract) to purge harmful bacteria from the body, while allowing good bacteria (probiotics) to remain.

*Rhododendron caucasicum*, however, demonstrated special abilities to protect and treat the brain. Researchers discovered that its extract bolsters the cardiovascular system, increasing blood supply to the

muscles and especially the brain. Studies also demonstrated that *Rhododendron caucasicum* increases the brain's resistance to unfavorable chemical, physical, and biological imbalances. At the First Lenin Medicinal Institute in Moscow, researchers treated 530 patients with various forms of neuroses and psychoses with *Rhododendron caucasicum*. Within 11 weeks of treatment, the majority of the patients regained normal conscious thought and demonstrated heightened mental abilities.

**Lycopene** is a powerful antioxidant found in tomatoes, pink grapefruit, apricots, and watermelon. Observational studies have produced evidence that diets high in lycopene may reduce the risk of cancer, especially tumors in the prostate, colon, stomach, lung, or mouth. Researchers also believe lycopene may help prevent cataracts and macular degeneration (a gradual loss of vision which is the leading cause of blindness among older Americans).

**Alpha-lipoic acid** is a sulfur-containing fatty acid found in every cell of the body. It is a key component of our metabolic system, helping to convert glucose (blood sugar) into energy to serve the body's needs. It is also a universal antioxidant, capable of eliminating free radicals in water and in fatty tissue.

Lipoic acid has been most commonly used (particularly in Germany) to treat nerve damage caused by diabetes. One randomized, double-blind, placebo-controlled study of 503 individuals concluded that intravenous lipoic acid helped relieve symptoms (pain, numbness, extreme constipation, and irregular heart rhythms) for three weeks.

Researchers now believe lipoic acid may also help retard cataracts and neuro-degenerative diseases, including Parkinson's and Alzheimer's.

**Brain Protex** can be ordered through The Herbs Place. The recommended dose is two capsules at mealtime twice a day. (See the Member Source Directory at the back of this report for ordering information.)

## Chapter 3

### Flower power keeps your brain alive

In Alzheimer's patients, chemicals in the brain, called neurotransmitters, go haywire. Neurotransmitters aid communication among brain cells and help electrical impulses jump the tiny gaps (called synapses) between nerves.

In the 1970s, researchers discovered that people with Alzheimer's disease (AD) have low levels of a key neurotransmitter called *acetylcholine* (a-see-tull-KOH-leen). Not only does acetylcholine help brain cells communicate, but it also plays a vital role in memory, learning, and other cognitive functions. In advanced AD patients, acetylcholine levels plunge by 90 percent. At that point, even the personality is affected.

Acetylcholine is produced in an area of the brain called the basal forebrain. Unfortunately, these cells naturally deteriorate with age and are among the first damaged in the early stages of Alzheimer's disease. When these brain cells die, acetylcholine levels drop dramatically—affecting a patient's memory and capacity for learning.

The problem is compounded in AD patients when an enzyme called *cholinesterase* is introduced. Cholinesterase cleans up unused acetylcholine in the brain by breaking it down into its component parts. In a healthy person, this is a natural process. But in AD patients, it can add insult to injury and cripple an already impaired memory by further reducing already low levels of acetylcholine.

The current medications for AD, known as “cholinesterase inhibitors,” work primarily by stopping the damage of cholinesterase to optimize the levels of acetylcholine. Aside from harsh side effects, such as liver damage, seizures, and depression, their biggest downfall is that they lose their effectiveness within one year.

#### **Does the snowdrop plant hold the key beyond the temporary relief of drugs?**

Working with researchers at Life Enhancement

Products, a pioneering nutritional development and research company, we've uncovered dozens of recent clinical trials on a natural flower extract that surpasses the effectiveness of prescription drugs.

Galantamine, an extract from the snowdrop flower, daffodil, spider lily, and other plants, has been traditionally used in Eastern Europe to treat a variety of minor ailments. Current research shows its greatest promise is its ability to bring the progress of AD to a virtual standstill and rejuvenate cognitive function.

Like prescription drugs, galantamine blocks the action of cholinesterase—allowing for greater levels of acetylcholine—and *boosts the production of new acetylcholine* neurotransmitters in the brain.<sup>1</sup>

Furthermore, animal studies have found that galantamine does something else no other drug currently being prescribed can do: It stimulates acetylcholine *receptors*, called *nicotinic receptors*, in the brain—over an extended period of time. In AD patients, these receptors wear out and the brain isn't able to transport acetylcholine from one cell to another. In addition, when nicotinic receptors are healthy and active, they're thought to inhibit the formation of beta-amyloid plaque deposits, a hard, waxy substance that results from tissue degeneration and is often found in the brains of AD patients.<sup>2</sup> While the current AD drugs initially help stimulate the nicotinic receptors as well, the effect isn't long-lasting. Nicotinic receptors appear to become desensitized to most drugs over time—often within a year—thus making them ineffective in this respect. Unlike AD drugs, galantamine stimulates nicotinic receptors without appearing to cause desensitization when used for an extended period of time.<sup>3</sup>

#### **Increase memory and cognitive function—and keep it**

Scientists in Auckland, New Zealand, found that AD patients in several studies (with 285 to 978 patients taking 24 milligrams of galantamine per day for three to six months) achieved significant improvements in cognitive symptoms and

daily living activities as compared to a placebo-treated control group. They also found that galantamine delayed the development of behavioral disturbances and psychiatric symptoms. After 12 months of treatment, patients using galantamine maintained their cognitive and functional abilities.<sup>4</sup>

Researchers in Belgium conducted a study with 3,000 AD patients enrolled in one of five randomized, controlled, double-blind groups. Various levels of galantamine were tested (16, 24, and 32 milligrams per day) against placebos, and in every study the galantamine-treated patients maintained their cognitive abilities while the placebo-treated subjects experienced significant deterioration.

Prior to entering each of the five studies, patients were evaluated according to the cognition portion of the Alzheimer Disease Assessment Scale. Each subject's performance was assessed in 11 areas measuring memory and orientation. A score of zero meant the patient made no errors, while a top score of 70 meant he suffered from profound dementia. Results from the patient evaluations showed that moderately severe AD patients treated with galantamine had a seven-point advantage over similarly afflicted subjects in the placebo groups. Researchers found that the optimum dosage of galantamine was 24 milligrams per day. Groups treated with 32 milligrams demonstrated no additional improvement in their cognitive abilities.<sup>5</sup>

In another multicenter, double-blind trial, galantamine delayed the progress of the disease throughout a full-year study. Conducted at the University of Rochester Medical Center, 636 patients with mild to moderate AD were given galantamine or a placebo for six months. At the end of the period, patients taking galantamine experienced improved cognitive function in relation to the placebo group. Patients taking 24 milligrams of galantamine improved by 3.8 points. Additionally, based on clinician and caregiver interviews, the galantamine group performed significantly better in the completion of daily activities and exhibited fewer behavioral disturbances. Moreover, the benefits of galantamine are long-lasting. Baseline cognitive scores and daily function continued to be high when retested at 12 months for patients taking 24

milligrams of galantamine.<sup>6</sup>

Not only that, but researchers have also determined that galantamine regulates the release of the neurotransmitters glutamate, gamma-aminobutyric acid, and serotonin—all of which play a vital part in proper memory function.<sup>7</sup>

### **Galantamine fights mental deterioration and increases memory and cognitive abilities—even in Alzheimer's victims**

A recent series of comprehensive clinical trials unveiled some exciting new potential for galantamine, not only for treatment but also for prevention and overall cognitive function.

Researchers once thought AD patients who inherited two copies of the apolipoprotein E gene (*APOE* genotype) believed to cause AD wouldn't benefit as much from cholinesterase inhibitors as other AD sufferers. In four international placebo-controlled clinical trials lasting from three to 12 months, researchers at the Janssen Research Foundation in Belgium studied 1,528 AD subjects with two copies of the *APOE* genotype and tested the efficacy of galantamine. While those with two copies of the specific gene had an earlier onset of AD symptoms, they received equal benefit from galantamine supplementation as compared with those who had AD from other gene types. So regardless of the genetic origin of AD, galantamine improved cognitive abilities and capacity to handle normal day-to-day activities.<sup>8</sup>

In addition to forgetting things and not being able to draw on previous learning experiences, AD patients have an impaired ability to learn new tasks. In recent animal tests, researchers found that galantamine modifies the nicotinic receptors so there's an increased release in the amount of acetylcholine in addition to acting as an acetylcholinesterase inhibitor. Scientists concluded that daily administration of galantamine over a period of 10 days results in an increase of conditions that are known to augment learning opportunities in AD patients.<sup>9</sup>

Put all these characteristics together, and the overall result for AD patients—as dozens of clinical trials prove—is that the disease slows *dramatically* and the victim's memory can stabilize and even



improve. The latest studies add to the growing body of evidence on the preventative potential of galantamine and its ability to rejuvenate your overall learning and performance.

### **Rescue your brain—cell by cell—starting today**

The proof of galantamine's effectiveness in treating AD is so impressive that it's already being put to use around the world. Under the market name Reminyl,<sup>®</sup> it has been used widely in 15 European countries. In 1999, Janssen Pharmaceutica submitted Reminyl to the FDA for approval; the FDA sanctioned it for use in AD patients the beginning of March 2001.

But approval by the FDA is only the first step on a long path to getting help for the patient. According to the National Academy of Sciences' Institute of Medicine, important research discoveries can take as long as 17 years before information about them filters down to doctors and hospitals. And even if your doctor knows about a supplement or drug, your HMO or insurance company might not approve it because of the expense. Or they may

feel you don't have sufficient need for a particular drug. Regardless of the potential benefits, mountains of red tape and bureaucratic nonsense might prevent you from getting the products you need.

The good news is you don't have to wait. While the pharmaceutical giants, insurance companies, and HMOs fight to get their extracts packaged, marketed, and distributed, you can protect your memory and intellect and put a stop to the advance of AD with the natural form of galantamine.

It's currently available from Life Enhancement Products in a formula called GalantaMind,<sup>®</sup> which combines galantamine with vitamin B<sub>5</sub> and choline. Refer to page 10 for purchasing information.

Galantamine does have a few minor side effects: nausea, vomiting, and diarrhea. However, they can be significantly reduced and even eliminated by taking smaller initial dosages and working up to the full dosage over a week's time.

The mountain of evidence on the benefits of galantamine for Alzheimer's patients is undeniable. Anyone battling this difficult disease should consider asking his/her doctor about it.

#### **Member Source Directory**

**Brain Protex**, The Herbs Place; 27 Fleetwood Drive, Palmyra, VA 22963; tel. (866)580-3226; [www.theherbsplace.com/brain.html](http://www.theherbsplace.com/brain.html).

**CardioTotal**, Gold Shield Healthcare Direct; 1501 Nortpoint Parkway, Suite 100, West Palm Beach, FL 33407; tel. (800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com).

**GalantaMind (Galantamine)**, Life Enhancement Products, Inc.; P.O. Box 751390, Petaluma, CA 94975-1390; tel. (800)543-3873 or (707)762-6144; [www.life-enhancement.com](http://www.life-enhancement.com).

**Hair Toxic Element Exposure Test**, Doctor's Data; 3755 Illinois Ave, St. Charles, IL 60174; [www.DoctorsData.com](http://www.DoctorsData.com). *Note: Test must be ordered by a physician.*

**Sense of Mind**, NorthStar Nutritionals; P.O. Box 970, Frederick, MD 21705; tel. (800)913-2592; Ask for code: MBR009; [www.northstarnutritionals.com](http://www.northstarnutritionals.com).

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The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## References

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### **Safe, natural substances nourish your brain and increase mental acuity**

<sup>1</sup> *Journal of the American Geriatrics Society* 1977;25(6): 241-44

<sup>2</sup> Pelton, Ross and Taffy Pelton, "Mind Food and Smart Pills," Doubleday Books, 1989, p 79

### **Ancient herb can make your mind young again**

<sup>1</sup> *Neuropsychopharmacology* 1994;10(3S)/part I: 763s

<sup>2</sup> *Journal of the American Medical Association* 1997;277(10): 776

<sup>3</sup> *Neurology* 1991;41(5): 644-49

<sup>4</sup> *Psychopharmacology Bulletin* 1992;28(1): 61-66

### **Flower power keeps your brain alive**

<sup>1</sup> *Behavioral Brain Research* 2000;113(1-2): 11-19

<sup>2</sup> The Newsletter of the Memory Disorders Project at Rutgers-Newark, Winter 2001

<sup>3</sup> *Dementia and Geriatric Cognitive Disorders* 2000;11(Suppl 1): 11-18

<sup>4</sup> *Drugs* 2000;60(5): 1095-1122

<sup>5</sup> *Dementia and Geriatric Cognitive Disorders* 2000;11(Suppl 1): 19-27

<sup>6</sup> *Neurology* 2000; 54(12): 2269-76

<sup>7</sup> National Institute on Aging

<sup>8</sup> *Dementia and Geriatric Cognitive Disorders* 2001;12: 69-77

<sup>9</sup> *Behavioral Brain Research* 2000;113(1-2): 11-19

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